

Delicious Dominican

Travellers seek authentic experiences in this Caribbean hot spot

Vawn Himmelsbach

Travel patterns are changing in the Dominican Republic.

Authentic local experiences top the list of many vacationers, and in the DR that translates to culture, adventure, and eco-tourism — a natural fit in this wildly diverse country.

Top eco-tourism attractions include the Samaná Peninsula, home to endangered humpback whales. Each year be-

tween January and March, 3,000 to 5,000 whales migrate to Samaná Bay — one of the first whale sanctuaries in the world.

"This is truly one of the best places in the world for whale watching," says Ann Layton, who represents the Dominican Republic Ministry of Tourism in Canada.

Visitors to Playa Rincon on the Samaná Peninsula can also enjoy fresh fish and lobster caught by local fisherman and cooked over small fires, washed down by an ice-cold

Presidente cerveza.

Samaná Bay isn't the only protected area in the DR; the country has partnered with the Nature Conservancy, the Smithsonian, and the United Nations to designate national parks and reserves, helping to protect sensitive ecosystems.

Bahia de las Aguilas, for example, offers 10 kilometres of untouched white sandy beach — and the entire area is protected within the Jaragua National Park. And Los Haitises National Park is home to untouched mangrove forests,

Taino cave drawings, and secluded beaches; only a portion of this Dominican wilderness is open to the public.

While it's known for its beaches, the DR is a mountainous country. Pico Duarte is the highest peak in the Caribbean. The 40-metre-high Salto de Limon waterfall — only accessible by foot or horse — tumbles into a pool of cool water ideal for swimming. And the Damajaqua Cascades near Puerto Plata allow visitors to walk along a system of 27 waterfalls.

Santo Domingo's Colonial

Zone is home to the awe-inspiring Basilica Santa Maria la Menor, made of gold-tinted coral limestone, and the Alcazar de Colon, home of Christopher Columbus's son. And the tree-lined cobblestone streets and wide plazas make this a city not to be missed, says Layton.

Perhaps best of all, the Dominican Republic offers value for money at a time when the Canadian dollar is weak, according to Layton.

"Your vacation dollars go further," she says.

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High 3°C/Low 2°C Sun and cloud  

'Take guns out of people's hands'

**Gar Wan Toy, who owns
a business in Chinatown**



Spadina-area residents still in shock after weekend shootings
left two dead; experts weigh in on violent start to 2016

metroNEWS

Ghomeshi team out swinging

metroview

**Defence lawyer
exactly what
keeps victims
off the stand**



**Rosemary
Westwood**
Metro|Toronto

She's not called a "piranha" for nothing.

Marie Henein, the lawyer defending Jian Ghomeshi against four charges of sexual assault and one of choking, dominated the Toronto courtroom where his trial began on Monday.

We're used to hearing sexual assault cases dubbed "he said/she said." But this was "she said/she said." Henein calmly dissected the witness's statements made in media interviews, police interviews and emails from over a year ago, and pecked, pecked, pecked at details until the cracks in memory and discrepancies with Monday's testimony showed.

It was lawyerly excellence, and exactly what keeps sexual assault victims off the stand.

There was the matter of whether the witness was wear-

ing hair extensions in 2002 (an issue which took fifteen minutes to sort out), and whether it was she or Ghomeshi who was "smitten" (her friend had given testimony that the witness was the keen one).

There was whether he bashed her head into the car window, or whether she and Ghomeshi were kissing when he pulled her hair the first time, a detail which appeared in her testimony Monday, but not in interviews with the media.

How could the witness remember Ghomeshi's yellow Volkswagen bug so vividly, Henein wondered, since Ghomeshi had not owned it at the time? And why had the witness agreed with police in 2014 that Ghomeshi yanked her head back against the car seat, if it was actually, as she testified Monday, back towards the car window?

"Where do you say, 'No, no, no, you've got it wrong.' Where is that?" Henein asked about the police transcript.

"It isn't in there," the witness said. "Understand this was difficult for me to do."

*Continued, with more coverage,
on page 9*

HELP PLAN TRANSIT IN TORONTO

The City of Toronto and TTC together with Metrolinx and GO Transit are working to bring more transit to communities across the city with connections throughout the Greater Toronto and Hamilton Area.

During February and March we have organized several meetings for you to learn more about integrated transit planning and provide your feedback on key projects and studies underway.



SMARTTRACK

- SmartTrack: Toronto City Planning and Metrolinx are working together on integrating SmartTrack and GO Regional Express Rail to improve transit across Toronto.

RELIEF LINE

- Relief Line: Toronto City Planning and TTC will present the preferred corridor and next steps to select the preferred alignment and stations.

SCARBOROUGH SUBWAY EXTENSION

- Scarborough Subway Extension: Toronto City Planning and TTC will present plans for Scarborough Subway Extension and optimized transit in Scarborough.

ELECTRIFIED GO SERVICE

- Electrified GO Network: Electrification of Metrolinx-owned rail corridors will enable more frequent and faster train service.

NEW STATIONS ON THE GO RAIL NETWORK

- New Stations on the GO Rail Network: Today 64 GO train stations serve thousands of customers and six more are under way. We would like to add even more stations so more people can access transit.

INTEGRATED TRANSIT FARES

- Integrated Transit Fares: We want to make crossing municipal boundaries and switching between transit systems simple and hassle-free.

REGIONAL TRANSPORTATION PLAN REVIEW

- Regional Transportation Plan Review: Metrolinx is launching the formal review process for the Regional Transportation Plan, which guides the work being done to transform the transportation network in the GTHA.

JOIN US AT ANY OF THESE MEETINGS TO LEARN MORE. YOU CAN ALSO PARTICIPATE ONLINE.

Tuesday, February 16

Jean Vanier Catholic
Secondary School
959 Midland Ave
6:30 p.m. – 8:30 p.m.

Saturday, February 20

Richview Collegiate
1738 Islington Ave
9:30 a.m. – 11:30 a.m.

Wednesday, February 24

Metro Toronto Convention Centre
North Building Room 203
255 Front St. West
6:30 p.m. – 8:30 p.m.

Thursday, February 25

Riverdale Collegiate
1094 Gerrard St. East
6:30 p.m. – 8:30 p.m.

Saturday, February 27

Scarborough Civic Centre
150 Borough Dr.
9:30 a.m. – 11:30 a.m.

Wednesday, March 9

Lakeshore Collegiate Institute
350 Kipling Ave.
6:30 p.m. – 8:30 p.m.

Tuesday, March 22

Nelson Mandela Park Public School
440 Shuter St.
6:30 p.m. – 8:30 p.m.

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Metrolinx, an agency of the Province of Ontario, is working to transform the way the region moves by building a seamless, convenient and integrated transit network across the Greater Toronto and Hamilton Area (GTHA).



Eating less to stay connected

AFFORDABILITY
Low-income earners cutting other costs to pay for Internet

Low-income Canadians are taking money out of their budgets for food, recreation and rent to pay for Internet service, according to a new report that is calling for a national affordable home Internet program.

"The Internet plays an important role in the everyday lives of low-income earners," says the study by ACORN Canada, a national organization with 70,000 members in nine cities across the country that advocates for low- and moderate-income families.

"However, the high costs of obtaining high-speed home Internet connections can lead to unnecessary hardship," says the report, being released Tuesday.

ACORN wants the federal Canadian Radio-television and Telecommunications Commission (CRTC) to mandate a \$10-per-month high-speed home Internet product for families and individuals living below Statistics Canada's low-income measure (LIM). In 2013 the LIM was \$20,933 for an individual and \$41,866 for a family of four, after taxes.

Lack of access to the Internet excludes low-income Canadians from equal opportunities to education, employment, government services and modern civic participation, said ACORN

Toronto spokeswoman Alejandra Ruiz Vargas.

"Many members of ACORN experience this," she said in an interview. "It leads to social isolation because you can't connect with your friends and relatives. And it leads to poverty because you can't look for jobs or fill out job applications."

A survey of almost 400 ACORN members last summer showed 83.5 per cent feel Internet service is "extremely expensive." Of those, almost 59 per cent said they skimped on other budget items to pay for Internet service because they need it. About eight per cent either don't have home Internet service or have cancelled it due to the high cost.

Toronto single mother Kashima Wright had to give up her home Internet last fall when the bills began to top \$100 a month. Now she and her six-year-old daughter Nalise have to walk to the local library to go online.

"I just couldn't afford it any more," said Wright, 25, a personal support worker who earns about \$1,700 a month after taxes and pays more than \$1,200 a month in rent.

"I don't want my daughter to fall behind in school," Wright said. "But it's not always easy to get to the library to help her with her homework."

In August 2013, Rogers Communications, Compugen and Microsoft Canada began offering high-speed Internet service for \$9.99 a month and \$150 computers to about 58,000 subsidized households in Toronto Community Housing.



Single mom Kashima Wright and her six-year-old daughter Nalise have to use their local library to access the Internet because of the high cost of the service. COLE BURSTON/TORSTAR NEWS SERVICE

+

BRIDGING THE DIGITAL DIVIDE

58:

Percentage of Canadian households with annual incomes of \$30,000 or less with home Internet access.

71:

Percentage who used food money to pay for Internet services.

59:

Percentage of survey respondents who pay for Internet by forgoing other household necessities.

64:

Percentage who used recreation money to pay for Internet services.

83.5:

Percentage of ACORN survey respondents who find high-speed Internet "extremely expensive."

13:

Percentage who used rent money to pay for Internet services.

SOURCE: ACORN CANADA, STATISTICS CANADA

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METRO EXPLAINS

Trash talk about a garbage contract

The smell of mountains of garbage makes has been seared in Torontonians' memories since 2009 — and we're reminded of it afresh these days with the contract negotiations in the news again. Here's where things stand on the city's discussions with inside and outside workers.



Jessica Smith Cross
Metro | Toronto

First, am I going to lose my garbage pick-up?

No one knows yet if there's going to be a strike at all. The city and the unions have been talking since the fall. The city workers have been without a contract since Dec. 15. Both unions have strike mandates and are expecting "no board" reports from the province. That's important because 17 days after those reports are issued, both sides can then take action that affects the job. The union can strike or conduct a lesser form of work stoppage, and the city can lock out employees or impose new contract conditions on them.

However, neither side has to take action — they can just keep on negotiating.

I live west of Yonge Street,



so I'm safe from a garbage strike, right?

No, not necessarily. Toronto has privatized garbage collection west of Yonge Street since the last garbage strike in 2009. However, deputy Mayor Denzil Minnan-Wong, who chairs the bargaining committee, confirmed to Metro Monday that people who live in areas of

the city where garbage collection has been privatized could still see their garbage service disrupted, because the private trucks go to city-run transfer stations.

If there are pickets at transfer stations, that could delay collection when trucks full of garbage have to dump their loads and get back out on the

street to pick up more, he said.

The city is planning for a strike, but Minnan-Wong said it wouldn't be respectful for him to comment on the details of those contingency plans while the talks are ongoing.

How does this compare to last time and the time before?

In 2012, a settlement was reached that required concessions from the union. In 2009, the city accepted a much-criticized settlement after a long strike. According to the union, the city is being tougher at the bargaining table than it ever has before. They say that, even though Mayor John Tory sounds more conciliatory in public than Rob Ford was in 2012, the negotiating team is taking a harder line. On Monday morning, Tory said he's seeing a settlement that's fair to the workers and fair to the citizens who pay the bill.

Who's involved?

The city is in contract negotiations with the unions representing 28,500 inside and outside workers, including garbage collectors, librarians, city hall staff, paramedics, daycare workers, care

home workers and many more. Their annual salary and benefits cost the city approximately \$1.7 billion a year.

On the city's side, there's Mayor John Tory, seasoned labour relations director Robert Reynolds, and Minnan-Wong, who chairs the bargaining committee. Minnan-Wong, a proponent of contracting out garbage collection, has had tough words for unions in the past. He once said the city avoided a strike last time around by having "had the balls" to impose new terms and conditions on the union, forcing them to strike or negotiate.

On the union's side, Tim Maguire, president of CUPE Local 79, represents the inside workers. Matt Alloway is the bargaining committee representative for outside workers with CUPE 416.

\$1.7B

Annual salary and benefits of 28,500 inside and outside workers, with whose unions the city is negotiating.

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IN BRIEF**First responders to get help with PTSD in province**

First responders like firefighters and paramedics could soon get treatment for post-traumatic stress disorder from the Workplace Safety Insurance Board without having to prove it was caused on the job. Labour Minister Kevin Flynn hinted that legislation to help treatment will be introduced in mid-February.

TORSTAR NEWS SERVICE

DRUG USE**Overdoses traced to heroin batch**

Jessica Smith Cross
Metro | Toronto

A potent or tainted batch of heroin is to blame for a rash of recent overdoses, public health officials say.

Six people in Toronto reportedly overdosed in the past week. Meanwhile, there were more than six drug overdoses, one of them fatal, in Kitchener and Cambridge in the same period.

According to the Harm Reduction network, the heroin is being called "China White" and is described as, in some cases, containing blue "glass-like shards." Others have said it looks normal.

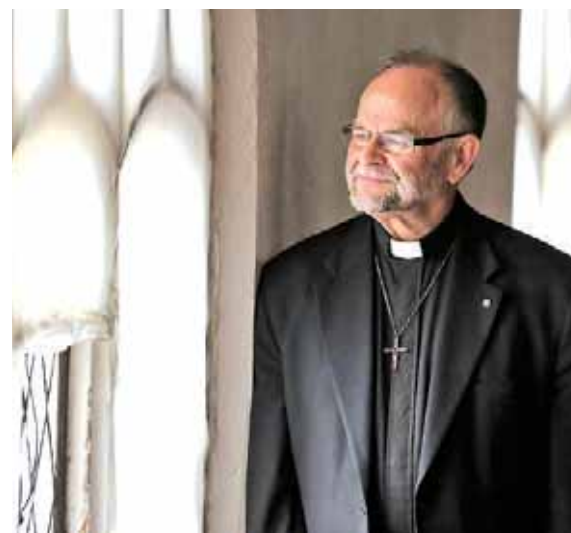
Toronto Public Health has been spreading the word about overdoses to groups that work with drug users but hasn't been able to test samples of the drug.

The drug might contain fentanyl — a powerful opiate that has caused hundreds of fatal overdoses in Canada — or it was

cut with something else, said Shaun Hopkins, manager of the city's needle exchange program.

No deaths have been linked to the Toronto overdoses, and, in each of the cases, naloxone kits distributed through the needle exchange were used to counteract the opiate's effect. Reports of people using the kits on themselves or someone else helped flag the problem.

"It's really out of the norm to have that many in such a short period of time," Hopkins said.



Brent Hawkes of the Metropolitan Community Church of Toronto. TORSTAR NEWS SERVICE

Charges laid against pastor in assault case**JUSTICE****Gay rights advocate in court for event alleged in '70s**

The openly gay pastor who performed the first same-sex marriages in Canada has been charged with sexually assaulting a male 40-odd years ago.

Brent Hawkes was to appear in a courtroom Monday in Kentville, N.S., in relation to the assault that police allege occurred in the 1970s. He has been charged with offences from that era's Criminal Code: indecent assault on a male and gross indecency. He is being represented by civil rights lawyer Clayton Ruby.

The RCMP in Nova Scotia would not give any further details about the alleged crimes or age of the victim. The plea date was postponed until April 13.

The crime of "gross indecency" was historically used to charge gay men for their sexual practices, according to University of Ottawa law professor Constance Backhouse. Before

it was removed from the Criminal Code in 1985, it carried a five-year prison sentence.

The second charge, "indecent assault on a male," carried a possible 10-year prison sentence and a whipping, before it was repealed in the early 1980s.

Hawkes, who is a member of the Order of Canada, responded with a written statement, saying "I want to be crystal clear: I am

innocent of these allegations. The purported events simply did not take place."

His statement continued: "For 38 years, I have fought, with all that I have, for equality for my community. I have fought to give voice to those without voice."

"Now I will fight, with all that I have, these accusations."

Hawkes, the openly gay senior pastor of the Metropolitan Community Church of Toronto, has long been an advocate for gay rights. After police raided four gay Toronto bathhouses in 1981 and arrested more than 300 men, Hawkes went on a hunger strike to demand an inquiry.

His church was at the epicentre of the AIDS epidemic in the 1980s, with members of its congregation offering hospice care and Hawkes overseeing funeral ceremonies when many other churches refused.

Hawkes is perhaps best known for performing the first same-sex marriage ceremonies in 2001, four years before the Canadian government legalized gay marriage. Hawkes, 65, is married to John Sproule, a retired computer programmer. They've been together for 34 years.

I am innocent of these allegations.

Brent Hawkes

On Monday, the church's board released a statement supporting Hawkes. "The Board of

MCC Toronto knows Rev. Hawkes as a man of high integrity and an inspirational community leader who has led MCC Toronto for 38 years in its quest for tolerance and inclusiveness," the statement reads. "Brent has our steadfast support." TORSTAR NEWS SERVICE

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‘We are all worried now’

CHINATOWN

Residents fear violence and anxiety taking hold of area



Gilbert Ngabo
Metro | Toronto

A makeshift memorial went up Monday in front of a Chinatown restaurant where two people were shot dead early Sunday.

About a dozen people gathered outside New Ho King near Spadina Avenue and Nassau Street, hanging flowers from a light post, lighting candles, crying and hugging one another.

One sign read, “RIP Quinn & Mikey. Heaven got two angels.” Another proclaimed, “We know you gonna bring flavor up there in the clouds. Rest Easy. RIP.”

On the streets, it looked like life had returned to normal. But as police cruisers combed the area Monday afternoon, even the briefest of conversations

proved people were still in shock and, in some cases, concerned for their own safety.

“We don’t want this here,” one longtime resident said. “It’s not representative of who we are.”

Businesses are especially concerned that violence in the area might be slowly becoming a trend. Sunday’s shooting — which Mayor John Tory has said was gang-related — follows a similar one in the neighbourhood last year.

“We are all worried now. People don’t want to come here now,” said Riz Wan, who works at a restaurant across the street from the shooting. “Normally we’d be busy this time, but look: Nobody is here now.”

That’s a big concern for Gar Wan Toy, co-owner of A&C Games near Spadina and College Street.

“Gang stuff is getting more serious now, and it feels less safe here,” he said, adding a friend of his recently got mugged on a nearby street. For him, the solution is clear: “Just find a way to take guns out of people’s hands.”



A passerby glances at a makeshift memorial on Spadina Avenue at Nassau Street, honouring the victims of a Sunday shooting that left two dead and three injured. LIZ BEDDALL/METRO



Quinn Taylor INSTAGRAM

First victim of shooting identified

A man gunned down in Chinatown early Sunday has been identified as 29-year-old Quinn Taylor, a budding Toronto rap artist and father to a one-year-old girl.

His mother, Brenda Macintyre, confirmed Monday evening her son was one of two men killed when shots rang out on Spadina Avenue near Nassau Street just after 3 a.m. Sunday.

“I’m just basically numb. It’s like, what the hell?” Macintyre said. “My son was just in the prime of his life, really super happy, happiest he’d ever been, and then all of a sudden he’s gone for no good reason.”

She spoke about her son’s love of music, a passion she shared. Taylor performed and produced under the name Moteeezy. His Soundcloud page, titled “\$MoteeezyProductionz\$,” boasts more than 50 tracks and more than 1,000 followers.

But Macintyre said her happiest memories were of the joy on Taylor’s face when he spent time with his daughter, Jordan, who will turn 2 in June.

Taylor was separated from Jordan’s mom but still saw the toddler all the time, Macintyre said.

TORSTAR NEWS SERVICE

HOMICIDES

Don’t rush to conclusions: Criminology prof



Luke Simcoe
Metro | Toronto

The violent and deadly start to 2016 may just be a “blip,” one expert says.

Scot Wortley, a criminology professor at the University of Toronto, said it’s “premature” to draw any conclusions from

a recent spate of shootings that have left eight people dead.

“We live in one of the safest large communities in the world,” Wortley said. “We’re lucky that we live in a city where violence is so rare that eight murders in a month is a big news story.”

There were eight gun-related homicides in January, compared to only two in the same month last year, according to police sta-

tistics. Shootings as a whole — ranging from minor incidents to hospitalizations — more than doubled for the same period.

Wortley cautioned against discerning trends from a single month.

“September of 2014 was the most violent September ever,” he said. “I was getting tons of media calls asking what was going on. But by the end of the

year, the overall numbers showed that 2014 had the lowest rate of violent crime and homicide in 40 years.”

In fact, if anything is to blame for the uptick in violence, Wortley said, it may be the warm weather and lack of snow.

“If the number of people out on the streets or in bars or nightclubs has exceeded past Januaries, then that brings people

together in situations where conflict might arise,” he said.

Meanwhile, Toronto Police Association head Mike McCormack has come under attack for suggesting a clamp-down on carding is to blame.

Knia Singh, a law student who launched a constitutional challenge against carding, calls the statement “irresponsible” and “opportunistic.”

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Another elderly pedestrian killed

TORONTO'S DEADLY STREETS

90-year-old woman is third senior, fourth fatality of 2016



Luke Simcoe
Metro | Toronto

A 90-year-old woman is dead after being hit by a driver on Dufferin Street over the weekend.

The elderly woman was crossing mid-block, south of Armstrong Avenue about 5:30 p.m. Saturday when she was hit by a 39-year-old man driving a Honda CRV.

Police did not release the victim's name.

She is the fourth pedestrian to die on Toronto streets in 2016.

Last year was the worst for fatal collisions in more than a decade.

Of the 64 people who died, 38 were pedestrians.

Three of the four deadly crashes this year have involved elderly victims, and three have

involved pedestrians crossing mid-block, something that often happens when crosswalks are too far apart, advocates say.

Both issues have been flagged by the city as it prepares to overhaul the road safety plan.

"Far too many Toronto seniors are hit by vehicles, often fatally. Making our streets safer, for everyone, must be a priority for our city," Coun. Josh Matlow tweeted Monday.

Police haven't said what led to Saturday's crash.

But, Simon Leung, who owns Simon Computers at Dufferin and Wallace Avenue, said it's common to see drivers speeding through the mostly residential stretch of Dufferin north of Bloor.

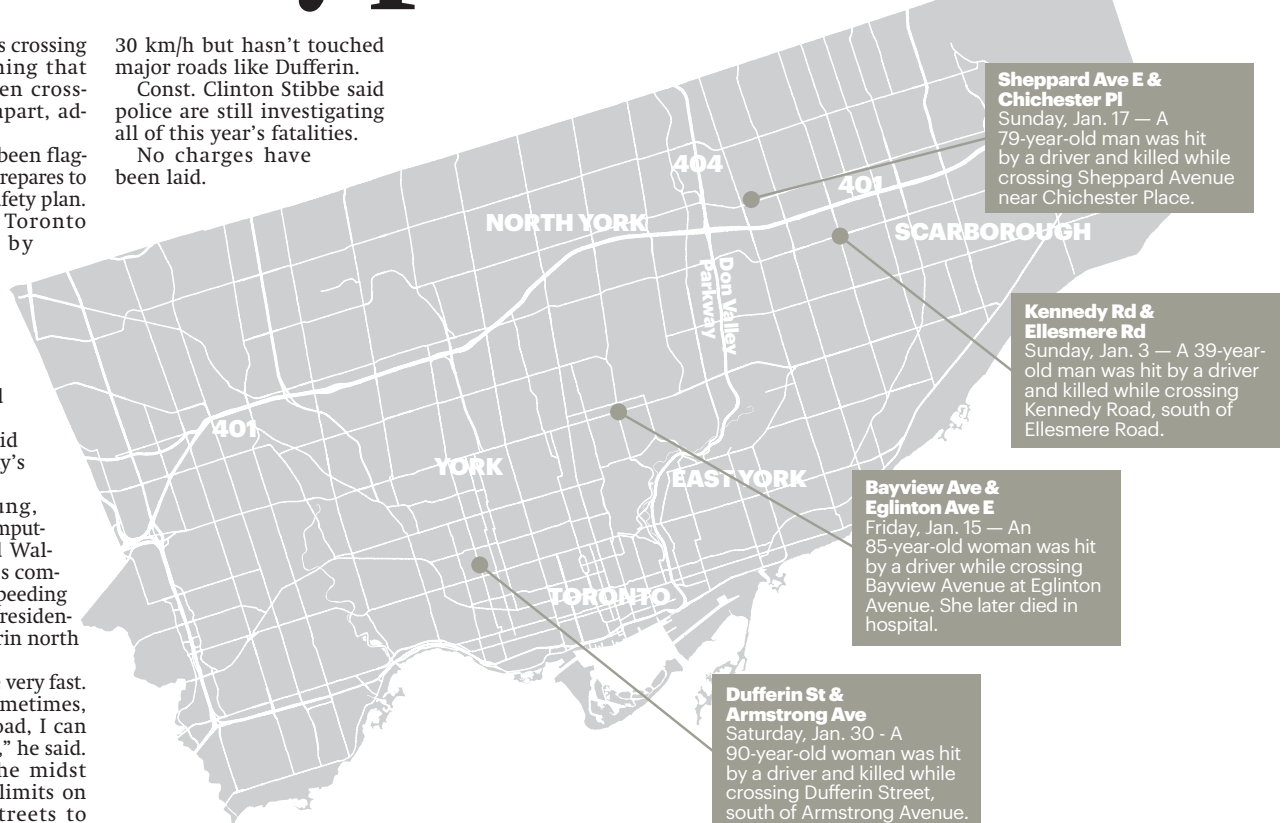
"I'd say they move very fast. And I know that sometimes, when I cross the road, I can wait for a long time," he said.

The city is in the midst of lowering speed limits on residential side streets to

30 km/h but hasn't touched major roads like Dufferin.

Const. Clinton Stibbe said police are still investigating all of this year's fatalities.

No charges have been laid.



Sheppard Ave E & Chichester Pl
Sunday, Jan. 17 — A 79-year-old man was hit by a driver and killed while crossing Sheppard Avenue near Chichester Place.

Kennedy Rd & Ellesmere Rd
Sunday, Jan. 3 — A 39-year-old man was hit by a driver and killed while crossing Kennedy Road, south of Ellesmere Road.

Bayview Ave & Eglinton Ave E
Friday, Jan. 15 — An 85-year-old woman was hit by a driver while crossing Bayview Avenue at Eglinton Avenue. She later died in hospital.

Dufferin St & Armstrong Ave
Saturday, Jan. 30 — A 90-year-old woman was hit by a driver and killed while crossing Dufferin Street, south of Armstrong Avenue.

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ZEROING IN ON INCONSISTENCIES

Defence lawyer challenges complainant's memory and credibility

A misremembered car, uncertainty over a kiss, who was "smitten" with whom and the mystery of a set of hair extensions dominated the first day of the Jian Ghomeshi sexual-assault trial.

Score one point for defence lawyer Marie Henein; zero for the prosecution. As the afternoon wore on, Henein raised one after another issue with the first complainant's testimony, nibbling around the edges of her credibility. On Tuesday, Henein is expected to tackle the more substantive issue: Does her story of being punched three times in Ghomeshi's Riverdale home in 2003 hold water?

The woman, a struggling actor and part-time cocktail hostess seven years older than Ghomeshi at the time, said she met Ghomeshi while working for the caterer at a CBC Christmas party.

"He was flirtatious," the woman remembered.

She said he drove her to her car afterward, in a vehicle she described as a 1960s Disney movie car, a yellow Volkswagen Beetle. In the car, she told court he asked her to undo a few buttons of her blouse (she said no) and kissed her.

Then, she said, it was like a switch flipped. "There was almost a rage that wasn't there a second before." She told court he grabbed her long hair and pulled it back hard, holding it back for two to three seconds. "It was painful and sudden."

She said he then switched back to being a nice guy, and



Jian Ghomeshi leaves a Toronto courthouse after the first day of his trial on Monday. FRANK GUNN/THE CANADIAN PRESS

“There was almost a rage that wasn't there a second before.”
Testimony from the complainant

they chatted and he kissed at her goodbye. She wondered if he simply did not know his own strength.

According to her story in court, she stayed in touch with Ghomeshi and went back to his home after another visit to a taping of his show. At one point she said they were standing up kissing and, without warning, "he grabs my hair again" and

"pulls my head down and at the same time he is punching me in the head multiple times."

Before noon, defence lawyer Henein was at the podium asking questions, going over minute details with apparent success. The witness was flustered by the end, and under the rules of cross-examination she is not allowed to speak to the Crown, or anybody,

about the case until Henein is finished and the prosecution, if so inclined, questions her again.

Though Henein provided no evidence Monday, she asked if it was possible Ghomeshi was driving a different car that was not a Beetle since, she indicated, he did not own a Beetle until later in the year (2003). The witness was uncertain.

Henein noted that in her morning evidence (called "evidence in chief") the woman said she was kissing Ghomeshi in the car when he suddenly pulled her hair roughly.

Henein noted that stories by the Toronto Star and CBC, based on interviews with her in the fall of 2014, did not reference kissing. Henein indicated that court will hear that the woman went on to tell police the kissing and hair pulling were "intertwined."

In response, the woman said that she "had the memory," she just "didn't put it out" when she gave interviews to the media. She said she was flustered and "high on nerves" when she spoke to CBC. The Toronto Star, she said, "twisted" her words.

TORSTAR NEWS SERVICE

Account of events falls flat

Rosemary Westwood
Metro | Toronto

Continued from page 1

At the breaks, reporters gathered in the hallways to marvel at Henein's performance. One quipped she'd want Henein as her lawyer if she ever choked her husband.

In Henein's hands, a straightforward account of events lost its way. It's hard to imagine a story that wouldn't. But memory doesn't walk a single line. It's easy to believe that someone recalled details of an event at different times, as the witness said.

And yet, a trial isn't about whether someone is believed, it's whether they're believed enough.

What matters is this: Will the witness' jumbled memories be enough to convince the judge there is reasonable doubt that the alleged assaults actually took place?

Against this standard, Day 1 feels like a decided win for Henein, and perhaps a warning against any sexual-assault victim who would take the stand and face her.

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ANIMAL ABUSE

Dog on the mend after brutal attack



Yvette d'Entremont
Metro | Halifax

A dog that was repeatedly kicked in his genitals until he urinated blood is expected to make a full recovery.

Annette Armitage with the Halifax-based Animal Rescue Coalition (ARC) said the dog now being called King Edward was surrendered to animal control last week.

"We originally thought he had (testicular) cancer, but no — the vet determined he was probably booted repeatedly in the privates area," Armitage said Monday.

"They still have to express his penis on a regular basis because of the fluid buildup."

The dog's genital area is still very swollen and he occasionally winces while playing, but overall he's doing well. Armitage said cases like this highlight an issue that has always



King Edward HANDOUT

existed but has been brought to the forefront thanks to social media.

Due to the nature of King Edward's injuries he's still being fostered with a veterinarian. When he no longer requires regular vet care he'll go to a foster home before being put up for adoption through ARC.

"This little guy ... you would think he would be terrified and distrustful of humans, but he loves everyone," she said.



ST. THOMAS, ONT. BARN FIRE KILLS LARGE HERD OF DAIRY COWS

Firefighters battle a barn fire near St. Thomas, Ont. on Monday. Ontario Provincial Police said approximately 90 dairy cows died in the blaze, which also caused damage estimated at \$1.5 million.

Const. Troy Carlson said it took firefighters several hours to bring the fire under control due to the large amount of stored hay, which is more difficult to extinguish. GEOFF ROBINS/THE CANADIAN PRESS

Eight sex assault claims probed by defence staff

CANADIAN FORCES

Military police trying to root out hostility against women

Eight allegations of sexual misconduct in the Canadian Forces are under investigation by military police, a crack-down Canada's top general is billing as the leading edge of the battle against harassment and abuse within the ranks.

Chief of the defence staff Gen. Jonathan Vance released the first of several progress

reports Monday as he leads an institution-wide effort to root out what a report last year called an "underlying sexualized culture" that's hostile to women.

The progress report references six cases that were directed by a newly established crisis centre to the Canadian Forces National Investigative Service between September and December of last year. Two other allegations were received last month, Vance said.

Overall, the centre, part of the response to last year's scathing indictment of military culture by former Su-

15%

The former government's stated goal was to ensure 25 per cent of military recruits were women, but the true ratio is closer to 15 per cent.

of sexual harassment.

The report, which details other administrative steps taken by the military, represents merely a first step, Vance said in a prepared statement.

"The Canadian Armed Forces has only just begun this mission," he said.

Prosecuting criminal behaviour is the most obvious and straightforward response to what Deschamps described as the "endemic culture" of abuse within the military. The more difficult problem of harassment will likely be harder to root out.

THE CANADIAN PRESS

IN BRIEF

Rooftop rebels warned

Toronto Police Const. David Hopkinson has arrested his fair share of rooftopers, a nickname for the daredevil photographers who climb atop skyscrapers to snap vertigo-inducing pictures of the world below. He expects it's just a matter of time before one of them in Canada dies. Last year, at least two deaths were linked to rooftoping.

THE CANADIAN PRESS

Candidate's name in lights

A Feb. 11 Ontario byelection is starting to resemble a comedy skit. One candidate legally changed his name to Above Znoneofthe so he appears last on the Whitby-Oshawa ballot, inviting voters to literally pick "none of the above" in name and concept. But another candidate, directly above him on the ballot, is the leader of a party called "None of the Above."

THE CANADIAN PRESS

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IN BRIEF

UN declares 'official beginning' of Syria talks

The UN special envoy for Syria announced the official start of peace talks Monday between the Syrian government and opposition leaders, hoping to keep a wobbly process alive and compel world powers who helped set the stage for the talks to do more to bring about a ceasefire in a five-year war.

Staffan de Mistura said the mere arrival of a delegation from the main Syrian opposition group, the High Negotiations Committee, at the UN offices in Geneva was enough to allow him to declare the talks open.

"We are actually listening with attention to the concerns of the HNC, and we are going to tomorrow discuss and listen to the concerns of the government," de Mistura said.

THE ASSOCIATED PRESS

ISIL-victims advocate, pontiff among Nobel Peace nominees

Nadia Murad, a woman who champions the rights of rape victims of the Islamic State of Iraq and the Levant (ISIL), is among the candidates for the 2016 Nobel Peace Prize, as the nomination window was set to close Monday.

Pope Francis and the Afghan women's cycling team are also nominated. The Norwegian Nobel Committee typically receives more than 200 nominations for the prize.

THE ASSOCIATED PRESS



Chinese artist and activist Ai Weiwei lies face down on the beach on the Greek island of Lesbos. Weiwei has recreated the famous image of three-year-old Syrian Alan Kurdi, who drowned in Turkey last year, by staging a photo of himself lying along the Greek shoreline. ROHIT CHAWLA/INDIA TODAY VIA THE ASSOCIATED PRESS

Artist stages photo of drowned Syrian boy

REFUGEE CRISIS

Chinese activist faces backlash over recreation of Kurdi image

The pose is hauntingly familiar — face down, arms extended, lifeless.

Chinese artist and activist Ai Weiwei has recreated the image of drowned Syrian toddler Alan Kurdi, who put a face to the Syrian refugee crisis when his body washed ashore in Greece last year.

Taken on a pebbled beach on the Greek island of Lesbos last week, Ai's photo is said to be "a tribute" to Kurdi.

"Ai Weiwei believes that artists don't have to be more political, they just have to be more human," India Today, which took the image as part of the magazine's Art Awards 2016 International Spotlight, said in a statement.

Photographer Rohit Chawla snapped the photo of the artist in Lesbos, where Ai is working on a memorial to the refugees "in order to highlight their plight and spread the message of peace, brotherhood



Ai Weiwei TORSTAR NEWS SERVICE

and trust."

Like much of Ai's work, the image garnered mixed reactions. Some lauded it as "power-

ful" and thanked the artist for "keeping alive the memory of Alan Kurdi."

Kurdi drowned alongside his brother and mother last September while the family attempted to make the dangerous Mediterranean crossing to Greece.

The image of Kurdi's lifeless body caused shock and grief among people around the world and pushed governments to address the plight of the refugees.

Ai has been posting images and videos online of many refugees arriving in Lesbos, including one in which he is holding up a sign that reads, "Safe Passage." TORSTAR NEWS SERVICE

ZIKA VIRUS

Outbreak of defects a threat, says WHO

An outbreak of birth defects and neurologic disorders linked to the Zika virus meets the criteria for a global health emergency, the World Health Organization said Monday.

WHO director-general Dr. Margaret Chan made the declaration following an emergency meeting.

This is only the fourth time since 2009 that the UN health agency has declared a "public health emergency of international concern" under the International Health Regulations, with previous declarations made for H1N1, polio, and Ebola.

"After a review of the evidence, the committee advised that the clusters of microcephaly and other neurological complications constitute an extraordinary event and a public health threat," said Chan.

Dr. David Heymann, chairman of the committee, clarified the emergency is not being called over Zika specifically, but the cluster of neurologic disorders.

The virus is spread by a mosquito called the *Aedes aegypti*, which can be found across the Americas, except in Canada and Chile. TORSTAR NEWS SERVICE



Health authorities have issued a global alert against the *Aedes aegypti* mosquito.

MARVIN RECINOS/AFP/GETTY IMAGES

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12

Business metronews



A hen in a Canadian cage-free barn. Enough farmers have to shift to the more animal-friendly practice before they can supply eggs to the roughly 4,800 Tim Hortons locations in Canada and the U.S. COURTESY WORLD ANIMAL PROTECTION/TORSTAR NEWS SERVICE

Big chains hatch a cage-free plan

ETHICAL EGGS

Tim Hortons, Burger King latest to yield to pressure

The parent company of Tim Hortons and Burger King announced Monday it is committed to serving cage-free eggs in Canada, the United States and Mexico by 2025.

Restaurant Brands International joins a growing list of restaurants that have promised to dish up eggs only from hens that have not been confined to cages as pressure from customers for ethically-sourced food ramps up.

“Canadians and consumers around the world aren’t OK with hens being crammed into tiny cages for their entire

lives,” said Sayara Thurston, campaign manager with the Canadian wing of Humane Society International, which has worked with dozens of brands to help them create similar goals.

Denny’s, for example, has promised its U.S. restaurants will serve only cage-free eggs by 2026, McDonald’s has committed to doing the same at its Canadian and American locations by 2025, and Starbucks plans to meet that goal by 2020.

Thurston said it takes so long to meet these targets because the farmers who supply

the eggs need time to implement cage-free systems. “We understand that change can’t happen overnight,” she said.

Enough farmers have to shift to the more animal-friendly practice to supply the roughly 4,800 Tim Hortons locations in Canada and the U.S.

Despite the nine-year timeline, Humane Society International hopes Tim Hortons and Burger King will be able to achieve their goal before 2025, Thurston said.

But already, Burger King is poised to miss one of its previous goals. The fast-food chain announced in 2012 that it would be using only cage-free eggs in the United States by 2017. That goal has now been extended to 2025, said Thurston, lumped in with the company’s Canadian and Mexican locations.

THE CANADIAN PRESS

“We understand that change can’t happen overnight.”
Sayara Thurston

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MARKETS

Nervous investors hoarding \$75B cash

Canadians are holding a record \$75 billion in extra cash and continue to sock away money at a rate not seen in more than four years, according to a new report from CIBC World Markets.

Normally that extra money would be invested in equities, but the study found that nervousness over volatility in the markets has many Canadians reluctant to take the plunge.

According to the study, excess cash reserves held by Can-

adians have risen notably since the 2008 financial crisis. In the past year alone, cash positions are estimated to have risen more than 11 per cent — the fastest pace since early 2012.

The report finds that all Canadians, young and old alike, are making cash a bigger part of their portfolios.

“But, strikingly, those under 35 ... are holding twice as much cash as those over the age of 65,” CIBC said.

THE CANADIAN PRESS



EMMA TEITEL: ON QUANTIFYING QUALITY OF LIFE

Happiness indexes are an increasingly popular way by which experts measure a nation's success. But this method is inherently flawed.



The Angus Reid Institute on Monday released the results of a survey quantifying Canadian happiness. The verdict? Of the roughly 1,500 Canadian adults surveyed online in December, 16 per cent said they were "very happy," 18 per cent said they were "not too happy," The majority — 63 per cent — said they were "pretty happy."

The prevailing result — "pretty happy" — is so Canadian it hurts; a glorified "I guess so," it suggests that most of us are either too modest to profess our happiness outright, or too polite to despair.

But the result, in true Canadian fashion, is also inherently sensible. It reveals a reluctance to measure in absolute terms a feeling that is forever hard to put your finger on. For starters, what is happiness, anyway? And provided that you know what it is, how do you gauge its presence?

Is it measured best moment by moment, in individual bursts of elation, or slowly,

over a long period of time? If you're miserable in January but February is looking up (though it rarely is), are you officially happy, or is your new mood merely a sunny blip in an otherwise blue existence?

Yet, despite the numerous challenges involved in measuring happiness we do it all the time. And we do it in droves.

Canadians aren't the only happy — or "pretty happy" — citizens on the planet. According to another recent study, by polling association WIN/Gallup International, Saudi Arabia is the third-happiest nation in the world. And Libya — according to yet another happiness index — is the happiest country in Africa.

The list goes on and on. Happiness surveys and their suspiciously positive results are now more pervasive in the international news cycle than personality quizzes in Cosmopolitan. But there may be some very unpleasant consequences to the abundance of

these surveys circulating the globe — namely that policy analysts are beginning to take seriously survey results that are vague and dubious.

For example, happiness indexes are an increasingly popular way by which experts measure a nation's success (as opposed to, say, looking at its GDP), but this method is inherently flawed. Why?

Mark D. White, chair of philosophy at City University of New York (in a paper on happiness indexes and public policy), writes: "Happiness is a notoriously difficult concept to define. Just like 'justice' or 'beauty,' happiness is a vague term that means different things to different people; as a consequence, even though everyone knows what it means in various situations, we would be hard-pressed to come up with a single definition that captures all those aspects for every person."

There's a far greater danger than imprecision in our apparent obsession with the

Happiness Olympics — complacency. Happiness surveys, says White, may make "people in First World countries less sympathetic to people who actually need help."

Someone might conclude, after hearing that Libya is perhaps happy as Canada, that the country doesn't require or deserve aid; that an admission of happiness by a country's population decreases the perceived severity of the country's problems. This danger doesn't merely apply to nations facing mass poverty or political unrest, but to nations like ours.

We know that depression is under-reported in Canada — and that suicide may be as well — so what is the purpose of a survey model that suggests to the wider world that things are looking up when in fact they aren't? The answer is simple: There is none.

Happiness surveys with positive results make for fun, fluffy stories that boost civic pride. But they also foster a culture of complacency and self-deception, in which we ignore our problems and pat ourselves on the back for no good reason. And that is pretty sad.

Emma Teitel is an award-winning national affairs columnist with the Toronto Star who writes about anything and everything. She got her start at Maclean's Magazine where she wrote frequently about women's issues, LGBT rights, and popular culture.

metroview

What it feels like to get kudos from your hero



Michael Coren
For Metro

I have a new book out in April. Epiphany: A Christian's Change of Heart and Mind over Same-Sex Marriage. It explains what happened to me when I did indeed change my opinion, and then outlines the Christian and secular case for equal marriage.

Part of modern authorship is not only writing but also promoting a book. Blurbs are important. I'd received them from the chancellor of St. Paul's Cathedral in London, Oxford historian Sir Diarmaid MacCulloch and several others but my publishers, Random House, wondered if we could "find a celebrity."

So, I needed someone famous who was also highly intelligent and deeply concerned about gay issues and social justice. The person who came to mind was someone I respect more than anybody else currently writing and broadcasting: Stephen Fry.

He has more than 12 million Twitter followers, his books are international bestsellers, his popularity and audience almost beyond compare. Which is why he would be impossible to reach and not interested in someone like me.

I wrote to a friend in Britain

who knows him a little. "Here's an old email address. Not even sure if it's current." I send off some recent columns and wait for the sound of silence.

A Tuesday morning. Still half-asleep, I turn to my phone to read the night's emails. Stephen Fry. He's not only replied but wants to see the manuscript. Not a hoax, it's him. I tell those closest to me, send him the manuscript and then assume it's the last I will hear.

Two weeks later comes a long, thoughtful letter and, "Michael Coren's Epiphany is a wonderfully revealing read — an epiphany in itself. I urge anyone interested in the conjunction of faith and free-thought to read this engrossing and fascinating book."

So how does one react when a hero offers such support? Overwhelming joy of course, wrapped in emotional gratitude, layered with a calming sense of genuine achievement. Something else too. It makes all of the hateful and homophobic emails, tweets and comments from the past 18 months seem so trivial. It will of course help the book enormously and bring it to a large audience, but most of all, it helps me. Thank you Stephen, thank you.

Michael Coren is an author and broadcaster in Toronto. Follow him @michaelcoren.



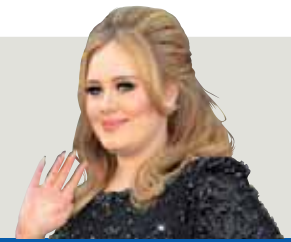
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WESTJET



Yoga bent into shape

Is there a right or wrong way to practise yoga? It pops up a lot in headlines — beer yoga; bunny yoga; rage yoga; concerns about cultural appropriation of yoga at the University of Ottawa's Centre for Students with Disabilities. Metro talked to five instructors across Canada about how they got into yoga, what their practice means to them, and how they feel about teaching an Eastern tradition. Responses have been condensed. **EMINA GAMULIN/METRO CANADA**



COURTESY GYAN YOGA

Gourav Verma, co-owner Gyan Yoga, Toronto

I was in the school yoga team (in New Delhi) and we entered a few yoga competitions and I won a few of them. This yoga was mainly based on yoga poses, let's call it a kind of exercise. I wanted to learn more, and luckily the mountains were pretty close. So I went over there and I learned it there, the spiritual part of it. It doesn't come just right away, it takes some time.

The Hindu religion and yoga, you can keep them separate. Nowhere in yoga books does it say only Indian people are entitled to teach this thing. Anyone who learns even just the physical aspect of it can teach it, why not? It's an amazing thing. People love it. But if they don't understand the spiritual knowledge, at least don't spread the false knowledge. I don't think they're stealing anything, but I don't know, maybe in a hundred years — everything changes — that would be too much (laughs).

Katrina Prescott, Kundalini yoga teacher, Vancouver

I didn't like yoga, I couldn't stand it. I was born and raised in Vancouver but I lived in New York at the time when the yoga craze started. It seemed like rich, white, thin, model women were doing it and it wasn't for me. I guess about three years ago I was going through a kind-of crisis. My friend who had been trying to get me to go to Kundalini yoga for a long time was like 'Let's just go.'

It is very challenging sometimes to go to a yoga studio and have a teacher that doesn't seem to be very conscious, for a lack of a better term. However, I am now shifted in the thinking that in yoga, if you're tuning into your own self, your own body, being in the moment, even for one moment ... We need that on this planet. Desperately.



JENNIFER GAUTHIER/FOR METRO

RICK MERCER REPORT

TONIGHT

#rickmercerreport

Rick brings a dose of laughs when he plays doctor-for-a-day at the University of Manitoba's Health Sciences Centre.

ALL-NEW
TONIGHT 8

Suzanne Gracan, owner FitZonePLUS, Toronto

I was an athlete and I climbed mountains for fun, that was a weekend for me. In 2001 I had a fall; it was nothing related to sports whatsoever, and I couldn't walk for two years. It took me eight years to rehabilitate completely. During that time I went from being a very, very athletic, let's say size 10, to 365 pounds at my largest. I decided to try yoga again. Nobody was outright rude but there was just a sense of 'Oh my God, what am I going to do with this person?'

Sixty per cent of my clients are plus sized, 40 per cent are just average-type people. So when you're in a class you don't have to worry about, 'Is my fat roll hanging out? Am I wearing the right clothes?' (Yoga) is different things to different people, but because of this image of what it is — and it's an image of inaccessibility — most people will never try it.



COURTESY BOBBY SINGH @FOHPHOTO

Roslyn Sutherland, Serene Yoga Studio, Winnipeg

In my late 20s, early 30s, I had several surgeries and a couple of car accidents. I needed a way to get healthy. So I went back to yoga and I've been doing it ever since. That puts me close to 30 years of self-practice. Yoga speaks to the physical body, it speaks to the mind. It's given me tools so I can cope with my monkey mind. It's helped me emotionally when I'm feeling out of sorts or down. It might sound a little melodramatic, but it's almost been a lifesaver for me.

Coming from a people that have had this sort of thing (cultural appropriation) happen to them as I understand it — if you as an individual or organization enjoy something from a specific culture, and that culture is not your culture, I just believe you should pay homage to that culture.



COURTESY ROSLYN SUTHERLAND

Jolene D'entremont, owner Yoga ON, Halifax

The first access I had to yoga was a black and white book called The 28 Days of Yoga. Back in the day, access to yoga, especially in Halifax, was limited. I got pregnant and afterwards experienced quite a bit of postpartum depression and found an Ashtanga class that I would go to once a week. I found that after the classes I would come out and feel like the whole world had opened up.

I now do goalie camps for elite goalies who are going to the NHL. More people practising some sort of mindfulness practice can only be good.



COURTESY HOLISTIC FAMILY TRAVELS

FITNESS

Ease into yoga with simple pose

YuMee Chung
For Metro Canada

Are you a newcomer to yoga? Try this fledgling version of a challenging standing balance called Eagle Pose (or Garudasana in the language of yoga). You'll learn how to build your pose from the ground up by perching it on a couch and focusing on the subtle actions of the arms, shoulders and upper back.

We're calling this one The Eagle Has Landed. It's a great way to spread your wings and get your yoga practice off the ground without leaving the comfort of your living room.

The Eagle Has Landed

1. Begin seated on the edge of your couch with a long spine and feet placed side-by-side below and slightly behind the knees.

2. To create your eagle legs, pick up the right leg and aim to double-wrap it around the left by crossing right thigh over and hooking the top of that foot behind your lower left calf. If the hook of the foot proves to be elusive, choose to simply cross the right thigh over left and nestle the foot beside the lower left calf with toes pointing down. Hug the



YuMee Chung demonstrates The Eagle Has Landed pose.
TORSTAR NEWS SERVICE

legs together snugly regardless of the leg variation you choose.

3. Now, create eagle arms by placing your right elbow below the left elbow and twining the arms together until the right-side fingers meet the left palm. If the hands do not meet easily, just reach each hand towards its opposite shoulder blade for a compact self-hug.

4. To make the upper-body actions more dynamic, thrust the elbows towards the wall directly in front of you; lift your arms as a unit; move the hands away from the face (if they are touching); and ease the shoulders away

from your earlobes. Imagine you are using the breath to pry the shoulder blades apart and unfold a pair of eagle wings. Breathe here for five breaths.

5. Finish by unwinding the arms and legs and taking a moment to feel the impact of the pose on your nervous system before repeating the process on the second side.

Eagle eyes

The phrase "eagle eyes" describes the ability to see or observe keenly. In yoga circles, the practice of consciously placing the gaze on a specific focal point while meditating or moving through yoga postures is called drishti. It is said that where the eyes go, the mind follows, and so the practice of focusing the gaze is a technique for refining the mind's ability to concentrate. In eagle pose, we gaze softly beyond the tip of the nose, to an unmoving point on the horizon, to find composure and aid balance.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Award shows need to have reaction shots of the audience

THE SHOW: Screen Actors Guild Awards (Global)
THE MOMENT: The Reaction Shots

Amy Poehler and Tina Fey give a heartfelt introduction to lifetime achievement honoree Carol Bur-

nett, which includes Fey's line, "Carol was the boss. We realized we could get paid to make comedy with our friends — and also be their boss."

Then Burnett describes how CBS honchos tried to talk her out of doing her landmark Carol Bur-

nett Show: "All the comedy/variety shows are hosted by men," Burnett quotes them. "It's really not for a gal. Comedy/variety is a man's game."

She shakes her head no. The audience applauds. Or at least, I'm pretty sure they applaud.

Throughout these speeches, it sounds like the crowd is rooting for and relating to what Fey, Poehler and Burnett are saying.

But we at home have to imagine that, because the director doesn't cut to any reaction shots.

To me, reaction shots are the

best part of an awards show: watching people who are paid to have calculated reactions, have uncalculated ones. Without them, the speeches feel airless.

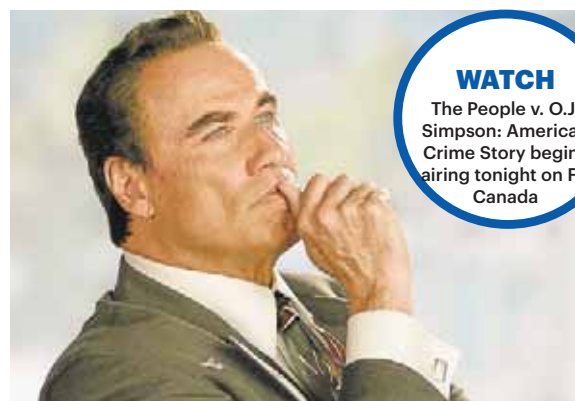
Yeah, some of them are gaffes. But I'm not talking about those. I'm talking about the moments

of connection (which are rare, but can happen).

We watch films and TV shows because we're interested in seeing how other people experience being alive. We watch awards shows to further humanize the people who do that for us.

REMEMBERING THE O.J. TRIAL

O.J. Simpson's trial for the murder of Nicole Brown Simpson and Ronald Lyle Goldman stretched from November 1994 to October 1995 and has been described as the most publicized trial in American history. What were the stars of *The People v. O.J. Simpson* doing at the time? TORSTAR NEWS SERVICE



WATCH

The People v. O.J. Simpson: American Crime Story begins airing tonight on FX Canada

1 John Travolta (Robert Shapiro)

"I was in the middle of a Pulp Fiction resurrection," says Travolta, who plays Simpson's defence lawyer. "I had a new career. I was happy." Pulp Fiction had just won the Palme d'Or at the Cannes Film Festival as the trial began. Travolta's father, who was a football coach, was obsessed with the case. "So I had my dad at the sofa watching every second of it, from the car chase on."



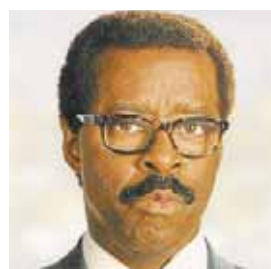
2 Cuba Gooding Jr. (O.J. Simpson)

Gooding was shooting *As Good as It Gets* with Jack Nicholson, but he was about to achieve fame for shouting "Show me the money!" as an NFL football player in Cameron Crowe's *Jerry Maguire*.



3 Sarah Paulson (Marcia Clark)

Paulson had just landed her first regular TV gig — as a ghost — on the horror series *American Gothic*. She remembers watching the *White Bronco* chase. "I was 19, I think. I was at my friend's house in Brooklyn. We were watching some other show and this damn Bronco thing — we knew O.J. from the *Naked Gun* movies."



4 Courtney B. Vance (Johnnie Cochran)

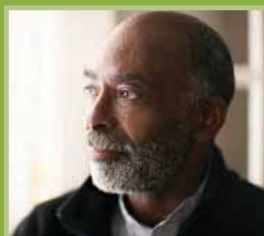
Vance was in Toronto shooting the TV movie *The Boys Next Door* with Scandal star Tony Goldwyn when the verdict came down. "I cheered," Vance told a reporter. Goldwyn screamed "No!" Their reactions, split across racial lines, were happening in homes and offices across North America.



5 David Schwimmer (Robert Kardashian)

"I was living in L.A., so I was very aware of the tension here," says Schwimmer, whose run on *Friends* began just as the O.J. trial got underway. "You could feel it. It was palpable in the city. And then this crazy thing of a career break of a lifetime happened."

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LEARNING CURVE

Breaks are critical to managing stress

Spring break is fast approaching. For some students, that means an opportunity to hit the books and get caught up; for others it means heading south and blowing off steam. How a student chooses to make the most of the break is a very individual experience, but schools are there to help, says Debbie Bruckner, senior director of Student Wellness at the University of Calgary.

"Taking periodic breaks and maintaining one's energy is critical in the long term in completing one's degree," Bruckner says. "Each student handles stress in their own way. The University of Calgary is committed to providing information and strategies to help students manage stress by understanding it, focusing on wellness and self-care and changing behavior.

"A major component to managing stress is building community and promoting students to engage with each other, their professors and student services."

Bruckner said there are a number of factors that add to the stress that today's student faces.

"The world has changed substantially over the last 10 to 20 years. Of course, every generation of students experience changes. Our current generation is facing a number of significant challenges," she says, listing increased competition to enter post-secondary studies and the job market, technological challenges including the distraction it presents and, in some cases, addiction, as well as financial demands.

There is also an increased awareness



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about, and willingness to discuss, mental health issues, she said.

And while there may be no right or wrong way to approach spring break, Bruckner says there are resources available for students to find a solution that works for them.

"There is no way to know how students

use their reading week. Reading week is a chance to recharge and reset and that may well mean a combination of activities," she says. "Take an active role in maintaining your own health and wellbeing — ask for help and don't hesitate to use university resources."



CONTRIBUTED

Massage therapy focuses on healing through touch

The history of massage therapy is a rich and fascinating one. This practice that has been used to heal people across cultures for thousands of years is still just as relevant as it ever was. Today, the practice is bolstered by a great deal of research into how to heal the human body through touch.

A career in massage therapy is rewarding, flexible, and well-paid. According to the Registered Massage Therapists' Association of

Ontario (RMTAO), massage therapists in Ontario can earn \$89 per one-hour session. They can work in varying environments including private clinics, medical and rehabilitation centres, hospitals, spas, or fitness facilities. It's also a great career for entrepreneurs who want to build their own massage therapy practices.

The fundamental skills behind massage therapy include hydrotherapy, palpation, remedial exercise, and patient assessment.

If you want to go deep into the medical and physiological side of massage therapy, there is an endless well of new skills and knowledge to discover.

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Sheridan program hits the right notes

Writing music for TV and film, animations, video games and apps, and musical theatre takes teamwork. With this in mind, Sheridan College is preparing to launch a highly collaborative music composition program this May.

The 12-month MASSIVE (Music Applied to Stage, Screen and Interactive Visual Environments) program will see students work extensively with their peers from other arts programs to bring projects to life with music, as they prepare for a career in music composition.

"We identified eight programs, such as game design and film and television, that would benefit from this program," says Stephen Barden, MASSIVE's co-ordinator. "That's when we realized the collaboration that can take place is actually the beauty of MASSIVE. While in similar programs at other schools, students would be taking existing shows, for example, and re-writing the music; they would never be sitting

down with a director or video game creator and collaborating. In MASSIVE, they will work on student-driven productions and have that 'client interaction.'"

The peer-to-peer teamwork, Barden says, is what makes the offering — which is geared toward those with a post-secondary music education or professional and semi-professional musicians, who lack formal training, but have years of experience playing — unique.

"Even the collaborations are well rounded," he says. For example, there is a course called storytelling in a song: musical theatre. I don't think many of our students will have experience in musical theatre and Sheridan has a world-renowned music theatre program that will give them the opportunity to do that."

Facilitated from the school's Trafalgar Road campus in Oakville, Ont., MASSIVE will consist of 20 practical, theoretical and business courses that will also make exten-



CONTRIBUTED

sive use of the location's recording studios and state-of-the-art equipment

"The campus is technologically equipped to handle the level of experiential learning built into the program," says Barden. "But students will also take theory

courses such as genres and scores, which look at the history of music in commercials and on TV, and business courses that will prepare them for all that comes along with being freelance. It is a complete package program."



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Auto repair course about opening doors

At Centennial College's school of transportation labs, students in the auto body repair techniques program weld, refinish and even perform body and frame repairs — some for the first time thanks to the program's "no experience required" policy, making it accessible to anyone.

"It's an amazing program because it offers so many individuals the opportunity to launch a career," says the program's co-ordinator and teacher, Paulo Santos. "Anyone can apply — from those who didn't complete Grade 12 to second career students, or those with a physical disability."

The 36-week program allows students to gain the skills they need to be hired as Level 1 apprentices, which is the first step in working towards the certificate of qualification required to professionally apply auto body repairs to vehicles. Successful grads, says Santos, also have the opportunity, once they are registered as apprentices, to seek an exemption to bypass the Level 1 apprenticeship exam.

To ensure students are prepared, the program is comprised of 16 courses presented in a balance that's 60 per cent theory and 40 per cent hands-on learning.

"The theory supports what they'll be doing in the state-of-the-art labs," says Santos. "We've spent, in the last 10 years, over a million dollars in upgrades in the body shop alone. It's a clean and safe environment that is comparable to a real shop. In fact, not only do students do certain projects in the labs, but we also take in cars from the general public, so the expectation to do the repair right and take pride in their work is there."

In addition to studying in a realistic environment, Centennial's auto body repair techniques' students learn from faculty members who have years of experience in a variety of settings. The collective expertise of faculty, says Santos, benefits students who will enter an ever-changing industry.

"Manufacturers are using the latest technology and materials, which makes the vehicles easier to work with, but also requires technicians to have an eye for detail and be more precise in their repairs," he says. "We guide them in the right direction to ensure they are confident."



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NBA INTO THE MOUNTAINS Jonas Valanciunas and the Toronto Raptors took their franchise-record win streak to Denver to face the Nuggets on Monday night. Go to metronews.ca to see if the Raps could make it 12 in a row. GARRETT ELLWOOD/NBAE VIA GETTY IMAGES

Raps' Casey named coach of the month

Toronto Raptors head coach Dwane Casey has been named the NBA Eastern Conference coach of the month.

The Raptors finished January with a 12-2 record, including a franchise-best 11-game winning streak to close out the month.

Toronto held opponents to an average of 97.4 points over the month, the third-lowest total in the league. They were third in the conference offensively with an average of 105.6 points.

Casey holds the franchise

11.7

The Raptors' average margin of victory, in points, during their 11-game winning streak.

record for coaching victories with 186 and has a .518 (186-173) winning percentage in five seasons with Toronto.

THE CANADIAN PRESS

What's luck got to do with it? Leafs ask

NHL Top shooters hope to make it rain after serious drought

P.A. Parenteau doesn't remember a time he played better without actually scoring.

The Toronto forward is currently mired in a 10-game goal-less drought — his longest as a member of the Maple Leafs. He's one of many players struggling to score as Toronto endures its second major slide of the season.

The Leafs, who return to action following the all-star break on Tuesday in Boston, have scored just 11 goals in losing nine of their past 10 games (1-7-2).

"We're making things happen and we're not scoring so that's kind of hard to swallow," said Parenteau, who has 11 goals this season. "(But) that tells you something — that you've got to keep doing it."

Parenteau thinks the Leafs are suffering from a bit of bad luck, as they're scoring on less than four per cent of their shots during the dry spell. They had similar problems finishing during a skid in October.

"I think our scoring chances for, we've had a lot of them and we don't finish," said Leafs head coach Mike Babcock. "We've had tons on the power-play, we don't



Tyler Bozak is just one of several Maple Leafs stuck in a prolonged offensive slump.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

finish. We've got to figure out a way to score goals to win. We went through this early. Now we've got to continue to work hard and fight through it."

Parenteau is far from the only Leaf desperate to score.

Leo Komarov, Toronto's lone all-star and the team's unlikely scoring leader, has just one goal in the past 18 games. Tyler Bozak, tied for second on the team with 29 points, hasn't scored in 14. Daniel Winnik has gone 18 straight without scoring. Byron Froese, the Leafs fourth-line centre, has just one goal all season.

2/49

The Leafs' power-play unit has gone nine straight games without a goal, and has just two goals in 49 opportunities over the past 15 games.

Peter Holland, tied for the team lead in power-play points, hasn't scored in an even-strength situation in 18 games.

Unlike Parenteau, Holland

and Froese don't believe misfortune has much to do with the dry spell.

"I don't think luck has anything to do with it. I think you've got to work harder to get your bounces," Froese said. "Maybe we're not getting enough guys in front of the net. Maybe the goalies are seeing too much."

"At the end of the day, for me, it evens out," added Holland.

And indeed, in reeling off eight wins in 12 games (8-2-2) before this recent slide, the Leafs scored nearly four times per game. THE CANADIAN PRESS

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Henry healthy and 'a lot stronger'



Brampton's Doneil Henry has had to endure two surgeries in recent months. TONY MARSHALL/GETTY IMAGES

SOCCER

West Ham defender had 2015 derailed by injuries

After an injury-plagued year in England, Canadian international defender Doneil Henry is looking for a fresh start in 2016.

The 22-year-old from Brampton hopes a good January camp with Canada will help lead to better things upon his return to West Ham United.

"Finally I feel like I'm fit (and) I can cope with anything physically," Henry told a media conference call from California where Canada is preparing for a friendly Friday with the U.S. "Mentally I'm a lot stronger than last season after dealing

with the two surgeries that I had."

The former Toronto FC defender has not played for Canada since a 0-0 tie in Panama in November 2014.

Acquired by West Ham in the January 2015 transfer window, Henry was loaned out to the Blackburn Rovers only to injure his hamstring in his third outing in the second-tier Sky Bet Championship.

"The hamstring injury was really, really serious," he said. "To be fair, maybe I came back a little too early."

After surgery, Henry returned to Blackburn in November but only made one appearance

as a substitute. His hamstringing and surgery for a sports hernia derailed him again.

Restored to health, he believes another loan spell will benefit him, "to continue to get games and build my body up to what I used to be like."



I'm willing to learn. I'm willing to do what I have to do to make it to the top.

Doneil Henry

There were plenty of tough days, but he says they will only make him stronger. As has being forced to deal with a new environment.

"Basically Toronto's my home, Toronto FC is all I knew," he said. "Being at West Ham has taken me out of my comfort zone."

That, he adds, is a good thing.

"I wish I could have gone earlier, so I could have even developed through the youth system there."

"I feel like the structure is a lot better organized as the club has so many years of history with players excelling through the ranks."

West Ham's academy is renowned for such graduates as Jermain Defoe, Joe Cole, Michael Carrick, Rio Ferdinand and Frank Lampard.

Henry, six foot one and 194 pounds, became the first Toronto FC graduate to make the first team when he signed a pro contract in August 2010. He went on to make 70 regular-season appearances for TFC, with 19 starts in each of the 2013 and 2014 campaigns.

THE CANADIAN PRESS

SOCCER

Guardiola to take reins at Man City

Pep Guardiola will take over as manager of Manchester City on a three-year contract starting next season, with the English Premier League club finally capturing soccer's most sought-after coach four years after failing in its first attempt.

City made the announcement Monday, minutes after current manager Manuel Pellegrini ended a news conference by saying he would be leaving the club at the end of the season.



Pep Guardiola
GETTY IMAGES

Guardiola won 14 trophies in four seasons at Barcelona and has continued to bring in silverware at current club Bayern Munich.

Pellegrini said he knew "a month ago" that he was being replaced by Guardiola.

THE ASSOCIATED PRESS



IN BRIEF

Hart reveals he has cancer

Canadian professional wrestler Bret Hart says he has prostate cancer and will undergo surgery "in the next few days."

Posting on his verified Instagram account, the Calgary-born grappler known as "The Hitman" said he was about to face his "toughest battle."

The 58-year-old suffered a significant stroke in 2002 that left him partially paralyzed, but made a successful recovery.

THE CANADIAN PRESS

Suns fire head coach

The Phoenix Suns, mired in one of the worst stretches in their history, fired coach Jeff Hornacek and promoted Earl Watson to interim coach.

Watson was selected after interviews were conducted Monday with all three Suns assistants.

Hornacek coached the Suns for 2-1/2 seasons. His team had lost 10 of 11 games and 19 of its last 21. At 14-35, their record is tied for fourth worst in the NBA.

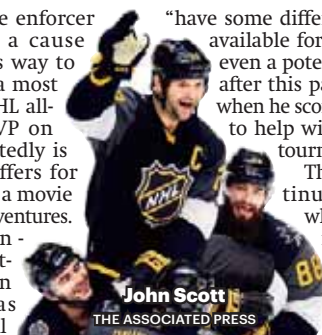
THE ASSOCIATED PRESS

NHL

Scott's story could go to film, agent says

John Scott, the enforcer who became a cause célèbre on his way to being named a most improbable NHL all-star game MVP on Sunday, reportedly is considering offers for the inevitable: a movie based on his adventures.

On Monday, TSN quoted agent Ben Hankinson as saying Scott will



John Scott
THE ASSOCIATED PRESS

"have some different routes" available for "books and even a potential movie" after this past weekend when he scored two goals to help win the 3-on-3 tournament.

The party continued Monday when Scott was named the first star of the week.

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RECIPE Chili Mac



PHOTO: MAYA MISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish combines two comforting classics — mac and cheese and chili — to make one great, satisfying dish. All the melted cheese on top doesn't hurt either.

Ready in

Prep time: 10 minutes
Total time: 40 minutes

Serves 4

Ingredients

- 1 lb ground beef
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 red, yellow or orange pepper, chopped
- 2 Tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- 28-oz can of tomatoes
- 19-oz can of kidney beans
- 1 cup whole wheat macaroni

- 1 cup or so of grated cheddar cheese

Directions

1. In a large pot or Dutch oven, brown your meat. Drain excess fat from the pot. Add onions, garlic and peppers and stir. Sauté until the vegetables begin to soften. Add spices, salt and pepper and stir. Let spices cook for a couple of minutes.
2. Drain the beans and add them to the pot. Do not drain the tomatoes; you'll want to use the juice. With the back of a wooden spoon, break up the tomatoes. Now stir in the dried pasta. Bring the pot to a simmer and let everything bubble away for about 15 minutes. Taste to check the seasoning.
3. Serve each bowl with a generous handful of grated cheese.

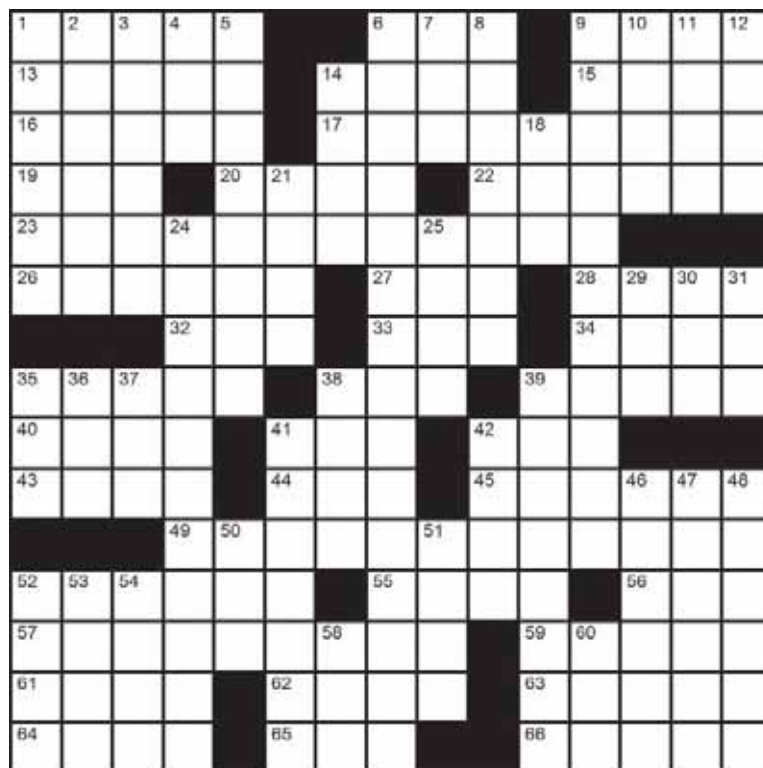
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Improperly carry out
6. Basilica bench
9. Cars member
- Mr. Ocasek's
13. Machu Picchu inhabitant
14. Intro-to-drawing class: wd. + Roman Numeral
15. "___ in the Life" by The Beatles
16. Bea Arthur character
17. Reasons for some helicopter rescue missions
19. NBA's Magic team, on scoreboards
20. Crease
22. Snappy reply
23. Auxiliary
26. Gain
27. Excessively
28. Parrot
32. 'Electron' suffix
33. Holiday ___
34. Present
35. Extra wheel
38. Band-Aid and Xerox, et al.
39. Drum kit part
40. Toronto CFL-er
41. Charge
42. School org.
43. Rover's greeting!
44. Tolkien creature
45. Fix the scarf
49. February 2nd: If the little critter sees his shadow on Groundhog Day, that means there will be how much extra of winter weather?: 3 wds.
52. "Sheesh!":



- 2 wds.
55. Spydom, ___ Hari
56. Stir-fry pan
57. Stanley Park city
59. Kindled again
61. ___ Dinesen (Pen name of Out of Africa writer Karen Blixen)
62. Plant stem

- bump
63. Journeys
64. Thieving flap-pers
65. Long river in Scotland
66. Give the go ahead: 2 wds.

DOWN

1. Champagne/orange juice drink
2. Stuck's three-word saying finisher
3. Create, like Michelangelo
4. Kirk, to Michael
5. Pie portion:

- 2 wds.
6. "Schitt's Creek" on CBC, as an example of one: 2 wds.
7. Wee outerspace inhabitants
8. Famous groundhog of Canada, ___ Willie
9. White-toothed crea-

- ture in "Groundhog" by Chilliwick
10. Prefix with 'logical'
11. Emily the Canadian painter
12. Method, for short
14. Mr. Sandler of ha-has
18. Baltic, for one
21. Poetic nightfalls
24. Menswear department purchase: 3 wds.
25. Negative responses, in French
29. Doubled dance
30. Vertical's opp.
31. Have payments
35. Carpentry tool
36. In favour
37. In times past
38. Condition
39. Jon and Rod
41. Controversial on-mounted-horse with hounds countryside adventure
42. Fashionably 'ready'
46. "What Kind of Fool Am I" by Anthony ___
47. Dixie Cups hit in 1965: 2 wds.
48. "How very, very naughty!"
50. Prefix with 'metric'
51. Uncommon
52. Roman love poet
53. ___ good time (Enjoys)
54. Chew at
58. U.S. gov. radio service
60. Historic time

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you allow negative thoughts to take over today then negative outcomes will follow. If, however, you make an effort to keep a positive mindset, things should turn out all right. Your mind creates your reality.

Taurus April 21 - May 21
If you're unhappy about something then speak up — but emphasize the positive. Don't get into the mindset of thinking the world is a bad place — it isn't, it's just your attitude.

Gemini May 22 - June 21
Just because someone calls themselves an "expert" does not mean you should accept what they say at face value. Check the facts for yourself and draw your own conclusions.

Cancer June 22 - July 23
There are times when your suspicions are well founded. The planets warn you are right to be doubtful. It's not a good time to commit yourself to anything you can't get out of later.

Leo July 24 - Aug. 23
If you jump to conclusions today you could find out later that you've leapt too far. The planets warn that what you think you see and what is actually there may be two entirely different things.

Virgo Aug. 24 - Sept. 23
Give your brain a rest. If you're typical of your sign your mind is always on the go; that's not always a good thing. Even a Virgo needs some down time. Make this a relaxed day.

Libra Sept. 24 - Oct. 23
It's unlikely that you'll be thinking clearly today and if you let your fears get the better of you it could have costly implications. If someone says you need to act fast or miss out altogether you should be suspicious.

Scorpio Oct. 24 - Nov. 22
No matter how formidable your rivals are you can still defeat them. While they are busy bragging about what they are going to do, you will be the one actually doing things.

Sagittarius Nov. 23 - Dec. 21
Keep your thoughts to yourself today. You may be bursting to tell the world what you know but there is a flaw in your understanding. If you speak too soon you could look silly.

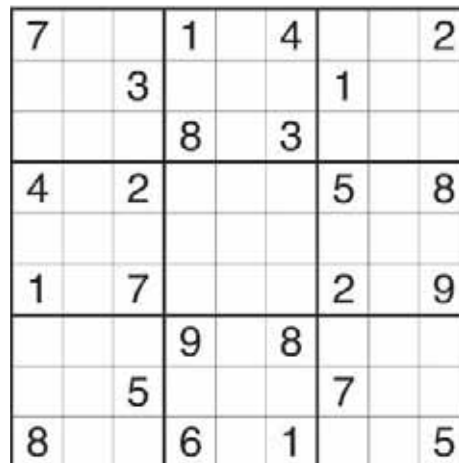
Capricorn Dec. 22 - Jan. 20
If friends and family give you advice today you should listen to it. If you don't you may regret it towards the end of the week. They are not trying to interfere — they are trying to help.

Aquarius Jan. 21 - Feb. 19
Don't expect everything to come easy to you on the work front today or tomorrow. Mars in the career area of your chart may make it look as if others are being obstructive but only because they see you as a threat.

Pisces Feb. 20 - March 20
If trying to figure it out gives you a headache then give up. You don't have to know it all, you don't have to be the best informed. Switch off your brain today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

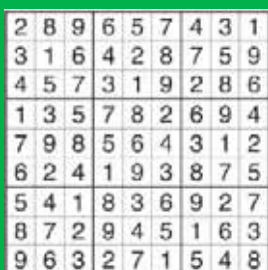


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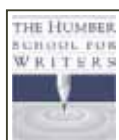


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time the winners are declared on or about Thursday, April 21, 2016. Stories must be written on a computer or typewriter, be double-spaced and no longer than 2,500 words. Total word count must be printed on the front page of the story. You may wish to enclose a stamped, self-addressed postcard with your entry. Potential winners will be notified by telephone or email on or about Wednesday, April 13, 2016. The winners must agree to allow the Toronto Star to publish their names, photographs and biographical information. The decision of the contest judges is final.

For full contest rules visit: thestar.com/shortstory

Tiny island a cultural oasis for free spirits

FLORIDA

Have a seat at Hemingway's desk in Key West

Anne Bokma

Carol Shaughnessy was a 20-year-old student escaping the Minnesota winter when she landed in Key West 40 years ago. After hopping in a pink taxi and driving alongside the palm tree-studded ocean through the historic Old Town streets lined with bohemian Victorian houses, she immediately felt at home. So much so that two days later she called her mother to tell her she was moving there.

"I got a job selling frozen yogurt on a street corner for \$100 a week and I knew I was rich," says Shaughnessy, now a publicist for the local tourism board. "I never did go back to Minnesota. My life began when I got to Key West."

This tiny island, located at the southernmost tip of the continental U.S., just 150 kilometres from Cuba, casts that kind of magic on its visitors.

Ever since Hemingway made his home here in 1931 (followed by literary luminaries such as Tennessee Williams, Elizabeth Bishop, and Robert Frost), Key West has been a refuge for free spirits and creative types attracted to its remote location, tropical setting, and frontier spirit forged by previous generations of fisherman, treasure hunters, rum runners, and cigar makers.

That includes a lot of Canadian visitors (who make up its most loyal, international out-of-towners) — 400,000 travel to the

Florida Keys and Key West annually, half of them during the first three months of the year.

Key West is one of five regions in the 200-kilometre Florida Keys necklace of islands. The others are Key Largo (known as the dive capital of the world), Islamorada (the sport-fishing capital of the world), Marathon (popular for boating and its Turtle Hospital, the world's only licensed veterinary dedicated to treating sea turtles) and Big Pine and Lower Keys (which has a national refuge for miniature Key deer, a species that has come back from near extinction).

Key West is the most famous of the regions, thanks to the slew of celebrated writers who have called it home. (Today they include authors Judy Blume, Meg Cabot, Annie Dillard and Anne Beattie.) Its flourishing arts scene includes literary festivals, film forums, a couple of dozen art galleries, Broadway-quality theatrical performances, as well as jazz clubs, piano bars, and drag shows that make it a draw for the culturally curious.

Hemingway purchased his home, now a museum, in 1931 for \$8,000 in back taxes. He wrote many of his best-known works, including *For Whom the Bell Tolls* and *The Snows of Kilimanjaro* in the second-storey writing studio that adjoins the house.

For the first time ever, a lucky writer will have the chance to work in that studio for 10 days as part of a 21-day expense-paid Key West residency this July by winning a 500-word Flash Fiction Contest (deadline is March 31 and is open to all Canadians, except those in Quebec). One caveat: You have to love cats — the property is home to about 50 of

them, including many six-toed felines, descendants of Hemingway's favourite, the polydactyl Snow White, given to him by a sea captain.

The best way to kick off your Key West vacation is with an Old Town Trolley Tour or a ride on the Conch Tour Train, both of which offer 90-minute tours passing popular attractions, including the Hemingway Home, the Butterfly and Nature Conservatory, Mallory Square (with its nightly sunset celebration) and the West Martello Fort and Key West Garden Club, Custom House (dedicated to Key West art and history).

Quirky things to do in March:

- Celebrate the 105th birthday of playwright Tennessee Williams, whose works include *The Glass Menagerie* and *A Streetcar Named Desire*, with a month-long series of classic movies adapted from his plays, a poetry contest, staged readings, and a film forum held at the Tennessee Williams Key West Exhibit. (twkw.org)

- Pucker up for a 'conch honk' in the 54th annual Conch Shell Blowing Contest, an island tradition paying homage to ancient sailors who used the shells as foghorns. It's being hosted by the Old Island Restoration Foundation on March 5. (oirf.org)

- View the exhibit *Bars, Brews & Blues: Carousing in Key West* (until March 29) at the Key West Art & Historical Society's Custom House and learn about several of the island's forgotten watering holes, its newer establishments, and the singers and songwriters who kept patrons entertained. (kwahs.org)



Ever since Hemingway made his home here in 1931, Key West has been a refuge for free spirits and creative types. CONTRIBUTED



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